



Needham Youth Services
in collaboration with
the Greater Boston YMCA
present

EXTREME LOOKS

Monday, June 20th – Thursday, June 23rd
1:00 pm – 4:00 pm

A FOUR DAY INTENSIVE SEMINAR TO
LEARN HOW THE MEDIA GOES TO EXTREMES THAT
DISTORT GIRLS' SELF-ESTEEM, BODY IMAGE, AND OUR
PERCEPTIONS ABOUT RELATIONSHIPS

LEARN WAYS TO CARE FOR YOUR
MIND, BODY, & SPIRIT



- * **An exciting group for girls currently in 6th - 8th grades**
- * **A great way to have fun with your friends**
- * **Get in shape, feel great & learn about yourself**
- * **Get a free summer membership to the YMCA**

Registration opens May 2nd

www.needhamma.gov/youth/extremelooks

For more information or to register, please contact Katy Colthart, LICSW

at 781-455-7500 x264 or kcolthart@needhamma.gov